



How to avoid
Driving Under the Influence
during the Holiday Party Season

Delaware Office of Highway Safety
Safe Family Holiday Campaign 2008

How do I avoid Driving Under the Influence?

- **# 1 - Know the Risks**

Know the Risks



Jan 1 – November 12,
2007

- 95 fatal crashes
- Resulting in 107 deaths
- 49 (46%) of the deaths were alcohol-related

Jan 1 – November 12,
2008

- 96 fatal crashes
- Resulting in 111 deaths
- 38 (34%) of the deaths were alcohol-related

NOTE: The good news is that we are currently down in alcohol-related deaths so far this year...however we are headed into the holiday season where drinking and driving is prevalent

Know the Risks



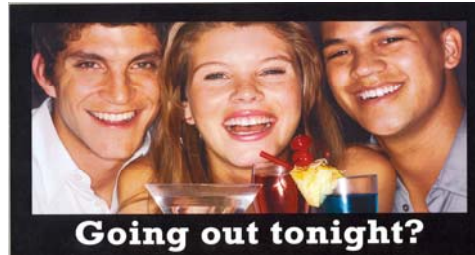
According to DSP Annual Traffic Statistical Report, 2007:

- **Alcohol was involved in 42% of all fatal crashes**
 - 8 pm – 4 am on Friday, Saturday and Sunday continues to be the most dangerous times on the roadway.
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Know How Alcohol Impairs You

Impairment depends on:

- You! Body make-up and personality
- Whether or not you have eaten
- How fast you drink



NOTE: How often you drink and certain kinds of medication can also impact your degree of impairment after consuming alcohol.

Know How Alcohol Impairs You



What is affected?

- Judgment
- Vision
- Coordination & Reaction Time

Blood Alcohol Concentration (BAC) ¹	Typical Effects	Predictable Effects on Driving
.02%	Some loss of judgment Relaxation Slight body warmth Altered mood	Decline in visual functions (rapid tracking of a moving target) Decline in ability to perform two tasks at the same time (divided attention)
.05%	Exaggerated behavior May have loss of small-muscle control (e.g., focusing your eyes) Impaired judgment Usually good feeling Lowered alertness Release of inhibition	Reduced coordination Reduced ability to track moving objects Difficulty steering Reduced response to emergency driving situations
.08%	Muscle coordination becomes poor (e.g., balance, speech, vision, reaction time, and hearing) Harder to detect danger Judgment, self-control, reasoning, and memory are impaired	Concentration Short-term memory loss Speed control Reduced information processing capability (e.g., signal detection, visual search) Impaired perception
.15%	Far less muscle control than normal Vomiting may occur (unless this level is reached slowly or a person has developed a tolerance for alcohol)	Substantial impairment in vehicle control, attention to driving task, and in necessary visual and auditory information processing

NOTE: .08% is the legal arrest limit, but many people are impaired in their ability to drive below a .08.

Know the Law



According to DMV's Drivers Manual:

- **Drinking While Driving Prohibited**

It is unlawful to consume alcoholic beverages while driving a motor vehicle upon the highways of the state.

- **Driving Under the Influence is Prohibited**

In Delaware a blood alcohol concentration of .08 or greater or the presence of any drug is conclusive evidence that a driver is under the influence. If a person refuses chemical testing, his or her license may be revoked.

NOTE: You can be arrested for DUI at a level below .08 if you fail the field sobriety tests!

Accept the Penalty

1st Offense DUI



- Up to 6 months in jail
- \$230-\$1,150 in fines
- 12 months driver's license revocation
- Evaluation & 8 wk mandatory education and/or treatment program

How do I avoid Driving Under the Influence?

- Know the Risks
- **Be a Smart Host**

Host a Safe Party

- De-emphasize Alcohol – enjoying friendships should be the focus, not the alcohol
 - Take Guest Keys or Encourage the use of Sober Designated Drivers
 - Always Serve Food (high protein, not high salt)
 - Measure and Control Drinks
 - Have Non-Alcoholic Drinks Available
 - End Responsibly – stop serving alcohol an hour before the party ends, start serving coffee
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How do I avoid Driving Under the Influence?

- Know the Risks
- Be a Smart Host
- **Always Designate a Sober Driver**

Designate a Sober Driver



Take The Hero Pledge

1. **Drive Sober**
2. Be a HERO. Be a Designated Driver
3. **Don't Let Your Friends Drive Drunk.**

NOTE: The HERO campaign was created by the Elliotts whose son John was killed when he was hit head on by a drunk driver. John, a recent graduate of the US Naval Academy had been on his way home to New Jersey for his mother's birthday. The Elliotts took that tragedy and used it to advocate for people to be designated drivers for their friends. Delaware became the second HERO state in the nation (NJ was the first) in August of 2007.

How do I avoid Driving Under the Influence?

- Know the Risks
- Be a Smart Host
- Always Designate a Sober Driver
- **Know the Safe Ride Program in Your Area**

Delaware Designated Drivers



- Free Safe Ride Program
- Teams of two drive you and your vehicle home
- Located in New Castle County
- 302-999-9079

Have a
Happy & Safe
Holiday Season

References

- Stop Impaired Driving www.stopimpaireddriving.org
 - OHS Website www.ohs.delaware.gov
 - Hero Campaign www.herocampaign.org
 - Delaware Designated Drivers www.delawaredd.org
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References

- Delaware Office of Highway Safety. (2006). *How to Have a Safe and Sober Holiday Season*. [Brochure]. Dover, DE: Author.
 - Delaware Division of Motor Vehicle. (2006). *Drivers Manual* (Rev. Ed). Dover, DE: Author.
 - Delaware State Police. (2008). *Delaware's Annual Traffic Statistical Report 2007*. Dover, DE: Author.
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